

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 Get up, breakfast	06:30 Get up, breakfast	06:30 Get up, breakfast	06:30 Get up, breakfast	06:30 Get up, breakfast	08:00 Get up, Norwegian breakfast	11:30 Get up, Norwegian brunch
08:00 English lesson 3 rd grade	08:00 English lesson Coaches	08:00 English lesson 10 th grade	09:50 English lesson 8 th grade	08:00 English lesson 10 th grade	09:00 Wushu training: - running - slow recap - massage	
09:50 English lesson 1 st grade	08:50 English lesson 5 th grade	09:50 English lesson 6 th grade	10:40 English lesson 9 th grade		12:00 Lunch	
10:40 English lesson 10 th grade	09:50 English lesson 4 th grade	10:40 English lesson 7 th grade				
14:10 English lesson 10 th grade						
15:00 Wushu training: - slow training - xiaohongquan	13:00 Wushu training: - running - stretching - basic kicks - jump kicks - basic stances - slow recap - nanquan - cooldown	13:00 Wushu training: - running - stretching - jump kicks - cooldown	13:00 Wushu training: - running - stretching - basic kicks - jump kicks - basic stances - slow recap - nandao - jump exercises - cooldown	09:00 Wushu training: - running - stretching - basic kicks - jump kicks - basic stances - slow recap - nanquan - cooldown	13:00 Wushu competition training: - running - stretching - kicking - jump kicks - recap of forms - 3 x full nanquan - 3 x full nanddao - 2 x full xiaohongquan - cooldown	Afternoon Free time, no training
16:45 Strength training: - stomache - legs	18:15 Dinner	16:45 Strength training: - back - arms	18:15 Dinner	15:30 Strength training: - hardcore arms - chest	Afternoon/evening Free time!	18:15 Dinner
18:15 Dinner	20:00 Conditioning strength and stretching training, own programe	18:15 Dinner	20:00 Conditioning strength and stretching training, own programe	18:15 Dinner, shower	22:00 Conditioning strength and stretching training, own programe	23:00 Fruit for supper, then sleep
22:00 Fruit for supper, then shower and sleep	22:00 Fruit for supper, then shower and sleep	22:00 Fruit for supper, then shower and sleep	22:00 Fruit for supper, then shower and sleep	Evening Free time!	Night Fruit for supper, then sleep	

20 hrs training per week

13 English lessons per week

20 organized meals per week (1 unorganized)

Free time every Friday and Saturday evening and every Sunday afternoon